



Technological University Dublin
ARROW@TU Dublin

Cookery Books

Publications

2002

Best of Irish Soups

Eileen O'Driscoll

Follow this and additional works at: <https://arrow.tudublin.ie/irckbooks>

 Part of the [Arts and Humanities Commons](#)

Recommended Citation

O'Driscoll, Eileen, "Best of Irish Soups" (2002). *Cookery Books*. 104.
<https://arrow.tudublin.ie/irckbooks/104>

This Book is brought to you for free and open access by the Publications at ARROW@TU Dublin. It has been accepted for inclusion in Cookery Books by an authorized administrator of ARROW@TU Dublin. For more information, please contact yvonne.desmond@tudublin.ie, arrow.admin@tudublin.ie, brian.widdis@tudublin.ie.

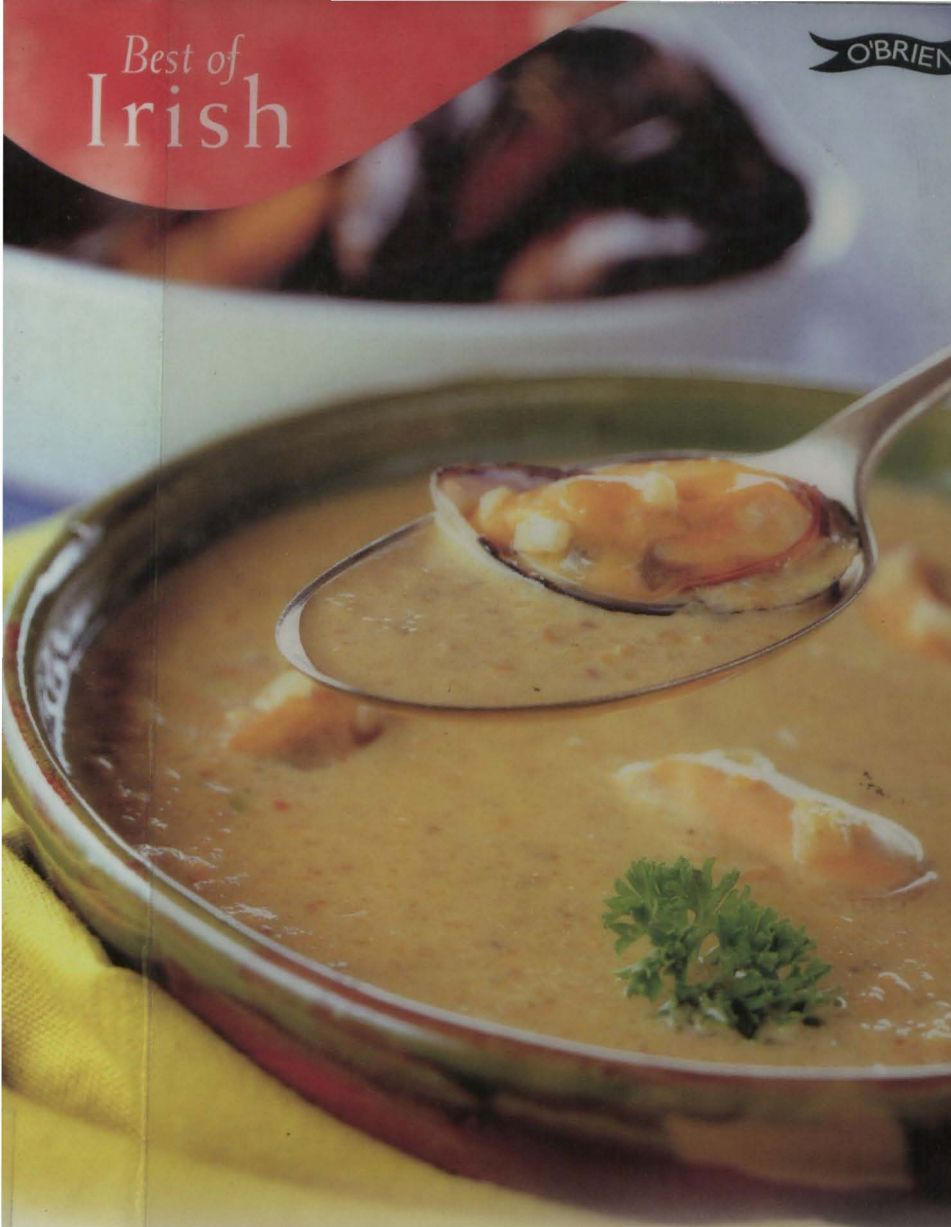


This work is licensed under a [Creative Commons Attribution-Noncommercial-Share Alike 3.0 License](#)



Best of
Irish

O'BRIEN



Soups

EILEEN O'DRISCOLL



EILEEN O'DRISCOLL combines a love of cooking with an awareness of the health and lifestyle benefits of good food, evidenced by the nutritional tips and information scattered throughout this book. A chartered physiotherapist and acupuncturist, she combines her busy Dublin practice with caring for her three children. She is the current president of the Zonta Club of Dublin, an international women's organisation founded in 1919 in Buffalo, New York, which promotes the political, legal, educational and social status of women. She has collected recipes from all over Ireland over the years and has attended cookery courses run by some of Ireland's leading chefs, including Gerry Galvin of Drimcong House. This is her first book.



Cathal Brugha Street

Best of Irish Soups

EILEEN O'DRISCOLL

D.I.T. CATHAL BRUGHA STREET LIBRARY



THE O'BRIEN PRESS

DUBLIN

First published 2002 by The O'Brien Press Ltd,
20 Victoria Road, Dublin 6, Ireland.

Tel: +353 1 4923333; Fax: +353 1 4922777

E-mail: books@obrien.ie

Website: www.obrien.ie

ISBN: 0-86278-760-2

Copyright for text © Eileen O'Driscoll

Copyright for typesetting, layout, illustrations, design, editing
© The O'Brien Press Ltd

All rights reserved. No part of this publication may
be reproduced or utilised in any form or by any means,
electronic or mechanical, including photocopying, recording
or in any information storage and retrieval system, without permission
in writing from the publisher.

British Library Cataloguing-in-Publication Data.

O'Driscoll, Eileen

Best of Irish soups

1.Soups - Ireland 2.Cookery, Irish

I.Title II.O'Hara, Anne III.Irish soups

641.8'13'09415

1 2 3 4 5 6

02 03 04 05 06

The O'Brien Press receives
assistance from



The Arts Council

An Chomhairle Ealaíon

Editing, layout and design: The O'Brien Press Ltd

Author photograph: Christopher Dowley

Illustrations: Anne O'Hara

Cover Photography: Walter Pfeiffer

Cover separations: C&A Print Services Ltd

Printing: Cox & Wyman Ltd

CONTENTS

Introduction	9
Notes and Glossary of Terms	11
<i>Stock</i>	
Beef Stock	14
Chicken Stock I	15
Chicken Stock II	16
Chicken Stock III	17
Fish Stock	18
Game Stock	19
Ham Stock	19
Vegetable Stock I	20
Vegetable Stock II	21
<i>Soups</i>	
Baltimore Fisherman's Soup	23
Barley Broth	24
Beef Broth	25
Broccoli and Apple Soup	26
Carrot and Dillisk Soup	27
Carrot and Orange Soup	28
Carrot and Parsnip Soup	29
Cauliflower Soup	30
Chicken Broth	31

Chicken Noodle Soup	32
Chunky Bean and Vegetable Soup	33
Cream of Chicken Soup	34
Cream of Smoked Haddock Soup	35
Cream of Smoked Wild Salmon Soup	36
Creamy Colcannon Soup	38
Creamy Courgette and Tomato Soup	39
Currach Soup (Mussel)	40
Green Split Pea and Dillisk Soup	41
Hearty Red Lentil Soup	42
Leafy Lettuce and Spring Onion Soup	43
Leek and Potato Soup	44
Liscannor Rabbit Soup	45
Máire Rua Soup (Beetroot)	47
Mountainy Onion Soup	48
Old-Fashioned Pea Soup	49
Onion Broth	50
Patriot Soup	51
Quick Beetroot Soup	53
Rich Oxtail Soup	54
Roast Parsnip and Garlic Soup	55
Roast Plum and Red Cabbage Soup	56
Rock of Cashel Soup	58
Simply Celery and Tomato Soup	60
Smoked Bacon and Baby Pea Soup	61

Sorrel and Chive Soup	62
Spring Nettle and Sorrel Soup	63
Summer Tomato Broth	64
Watercress and Parsley Soup	65
Wholesome Winter Vegetable Soup	66
Wild Garlic and Potato Soup	67
Wild Mushroom Soup	68

Breads

Potato Bread	70
Tomato Bread	71
White Soda Bread and Scones	72
Wholemeal Brown Bread	73

Garnishes

Garlic Baked Breadcrumbs	75
Garlic Croutons	75

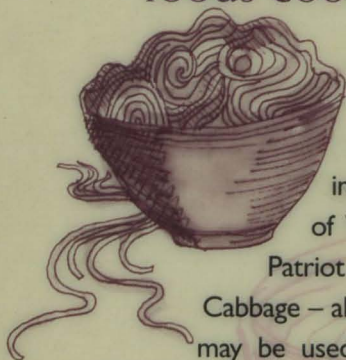
Extras

Buttermilk	77
Coco's Salad	78
Nutty Party Chicken	79

Handy Hints

80

The *Best of* traditional Irish foods cooked with modern flair



Over forty mouth-watering soups made with the best of ingredients and reflecting the cooking traditions of Ireland. They include Wild Garlic and Potato Soup, Cream of Wild Salmon, Máire Rua Beetroot Soup, Patriot Soup, Pea and Ham, Roast Plum and Red Cabbage – all nutritious, delicious and easy to make and may be used as starters or as meals in themselves. Recipes for Savoury Soda Scones, Wholemeal Brown Bread and Potato Bread provide the perfect accompaniment, and thirty-five charming illustrations complete the array.

Details of customs, folklore and Irish regional food traditions provide a fascinating background to the recipes.

Eileen O'Driscoll is a chartered physiotherapist and acupuncturist. She combines her busy Dublin practice with caring for her three children. A 'foodie' with a passion for good ingredients cooked with flair and ingenuity, this is her first book.

Other titles in the
O'BRIEN
**BEST OF IRISH
COOKERY SERIES**



O'BRIEN

www.obrien.ie

FOOD AND DRINK

€6.95 EURO ZONE

£4.99 STERLING AREA

\$8.95 USA **\$13.95** CAN

ISBN: 0-86278-760-2



9

780862

787608